

Island Times

Look for Island Times the LAST Thursday of each month
OCT. 2021

MONTHLY NEWSPAPER OF ISLAND SENIOR RESOURCES AND THE CENTER IN OAK HARBOR

Volume 5 • Issue 6



A Care in the World

By Robin Bush
Island Senior Resources Community Education Director

Caring is something we all do in many ways every day. One of our many acts of caring these days is to watch for signs of loneliness in others. In our pandemic world, where 43 percent of Americans age 60 and older regularly experience loneliness, taking action to show you care means more now than ever.

Our normal social relationships have been disrupted. It's more difficult to even have casual interactions, like having a friendly exchange with a clerk in the grocery store, talking with a neighbor while walking the dog, or sharing a few laughs after a movie.

How can you tell if someone is isolated or lonely? There are many simple ways. Try asking these questions:

- Are they living alone?
- Do they have less than monthly contact with children (face-to-face, by phone, or email)?
- Do they have less than monthly contact with other family (face-to-face, by phone, or email)?
- Do they have less than monthly contact with friends (face-to-face, by phone, or email)?
- Do they participate in social clubs, resident groups, religious groups, or committees?

Saying yes to two or more of these questions defines someone as socially isolated per the Steptoe Social Isolation Index.

CARE continued on page 8

Embrace Autumn, Prevent Fall

By Carly Larson
Program Coordinator, City of Oak Harbor Senior Services

"It's Fall, Y'all," "I Love Fall Most of All," and "Fall Breeze and Autumn Leaves" are just some of the sayings we hear and see on coffee cups, wall signs, pillows, billboards, and magazines this time of year. At a previous place of employment, I was excited for this time of year when I could wear cozy sweaters, eat everything pumpkin, and watch the trees gradually change color. With my excitement came decorations and signs announcing it was fall. However, it was to my surprise, when a regular user came in and griped at me, "You know the F word is not allowed to be said in here." My confused self, who doesn't use profanity, apologized, but unsure what instance he was speaking to. I explained to him maybe he had me mixed up with someone else but then he grinned and softly whispered, "Fall darling, we don't like the word fall. Older adults like myself like to call this beautiful season autumn." Jim's sensitivity to the word fall has always stuck with me and now when I see it on cute decorative signs, or hear it being used to describe the season, it means more to me than just the name of a season.

Many people think falling won't happen to them, however the reality is one in four older adults will experience a fall. It is also assumed falling is a normal part of aging and something you must accept, however, this is not true, and you can take preventative steps to help reduce your risk of falling.

Key steps in reducing your risks for falls:

- Performing regular strength and balance exercises
- Medication management
- Regular vision and hearing checks
- Removing hazards around the home (rugs, cords, boxes, spills, etc.)
- Keeping walkways throughout the home well lit
- Wearing sensible shoes

By making a few subtle changes and being aware of your current mobility and surroundings can make a large impact on your risk for falling. Not sure where to start? A good place to begin is by talking to your loved ones and your medical

FALL continued on page 3



DID YOU KNOW?

Hearing loss increases the risk of dementia by 50 percent?*

* a study published last year in JAMA Otolaryngology



Hearing loss affects 1 out of every 5 people and is a major contributor to loneliness, raising the risks of depression, dementia, and early death. If you are caring for someone with cognitive decline, consider joining ISR's Alzheimer's and Dementia online support group.

see page 7 for more information

Whidbey Weekly & PRINTING

In addition to being your favorite source for news and events on the island, Whidbey Weekly is also your source for:

PRINTING • COPYING • GRAPHIC DESIGN • COMB BINDING • FOLDING
LAMINATING • CUTTING • FAXING • DIRECT MAIL SERVICES

1131 SE ELY STREET • OAK HARBOR • 360-682-2341 • WWW.WHIDBEYWEEKLY.COM

Program Schedule

MONDAY

9:00 Billiards
9:00 Lapidary
9:00 Quilting
9:45 EnhanceFitness
11:00 Mah Jongg
12:00 Bunco
12:00 Ping Pong
1:00 Art
3:00 Clogging

TUESDAY

8:30 Yoga
9:00 Billiards
9:00 Lapidary
10:00 Scrapbooking
11:00 Mexican Train
1:00 Line Dance
1:00 Knitting and Crocheting

WEDNESDAY

9:00 Billiards
9:00 Lapidary
9:45 EnhanceFitness
11:00 Duplicate Bridge
12:00 Ping Pong
1:00 Paper Crafts (2nd/4th)

THURSDAY

8:30 Yoga
9:00 Billiards
10:00 Walking Club*
10:00 Wii Bowling
10:00 Wire Wrap
1:00 History Class

FRIDAY

9:00 Billiards
9:00 Quilting
9:45 EnhanceFitness
12:00 Pinochle
1:00 Line Dance

*Meets at Flintstone Park

Member Spotlight: Pam Oldow

Pam Oldow was born in Victoria, B.C., where she lived for 32 years until she met and married the love of her life, Don Oldow. Soon after getting married, they decided to relocate to Seward, Alaska, which meant their honeymoon was a road trip down the Alcan Highway, or more commonly known as the Alaska Highway, along with Pam's four children. She explained, "It was a honeymoon I could never forget." They made the decision to move north to pursue their love for the sea and outdoors and Don started working for the Alaska State Ferry System.

Little did Pam know, she would make history as she spent the next 26 years in Seward. She became Alaska's first licensed female skipper. This meant by passing the Coast Guard examination, Pam was the only woman entitled to skipper a 50-ton ship in ocean waters off

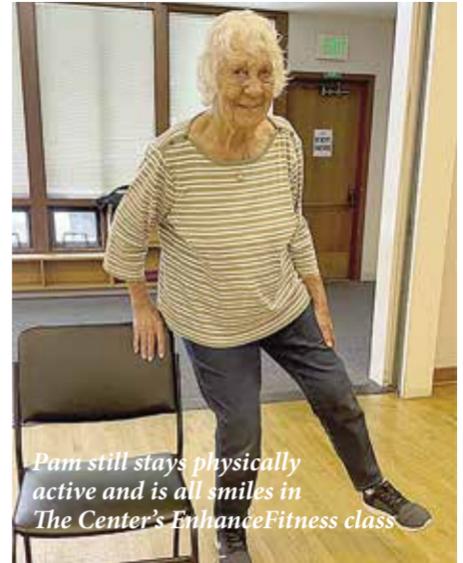
Alaska. Because of Pam's great attention to detail and amazing skills as a vessel operator, it wasn't but a few years later when she received approval to captain larger, 100-ton vessels. While Pam was leading researchers, planners, and congressmen to the Kenai Fjords area, her husband Don was also pursuing new adventures in his career, becoming both a master mariner and pilot.

In 1998, Pam and Don made the hard decision to leave Alaska behind and head towards Don's hometown, Anchorage, due to his health. Although this wasn't their preferred decision, it did lead them to closer proximity to their beloved children, and allowed Don to get more medical attention. They spent 15 more happy years together before Don passed away in 2013. Pam still holds him close to her heart and shares many of their memories and adventures of their times together, many of which are on the open waters or spent with family. Both Pam and Don had a lot in common, like their love for the open oceans, nature, each other, and especially their love for their six children.

Pam still spends her time immersed in the things she loves the most, her family and the water. She is blessed to have 14 grandchildren, 32 great-grandchildren, and 2 great-great grandchildren, some of which live on Whidbey Island. She enjoys catching up with them and hearing about their lives while sometimes sharing stories about her adventures with them. Although her days of operating large vessels have come to an end, her love for the water and nature is still

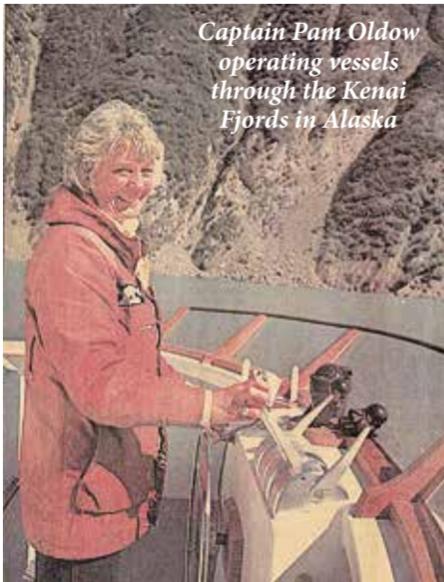
stronger than ever, "I love the outdoors, I walk out at west beach where I have a nice log I sit on, stretch my legs out, and watch the water," Pam exclaimed.

Due to Pam's forward thinking, skipper skills, love for nature, and unwillingness to say I can't, many people got to experience sights in the Kenai Fjords that otherwise wouldn't have been seen. Pam still has a spunky, go-getter attitude and recently joined The Center to get involved and keep herself physically active. The past few months she has hardly missed an EnhanceFitness class and keeps up with the best of them. Even while she's wearing a mask, her beaming smile can be felt from across the room! We are grateful to have Pam



Pam still stays physically active and is all smiles in The Center's EnhanceFitness class

as a part of our community and she is another great reminder that behind every face is a unique story and a part of history.



Captain Pam Oldow operating vessels through the Kenai Fjords in Alaska

FREE PICK UP - DELIVERY AVAILABLE



Habitat for Humanity
of Island County
Two Locations To Serve You
www.islandcountyhabitat.org
1592 Main Street
FREELAND
360.331.6272
290 SE Pioneer
OAK HARBOR
360.675.8733

Your donations & purchases help build a world where everyone has a decent place to live.

Whidbey Island Genealogical Searchers

~presents~

Dr. Richard A. Hanks
"The Parentage & Personality
Of Abraham Lincoln"

Dr. Hanks' ancestors are cousins to Abraham Lincoln through Lincoln's mother, Nancy Hanks Lincoln. He will share stories of President Lincoln's involvement with his family and delve into the traits that formed Lincoln's personality including his religious beliefs.

Tuesday, Oct. 19 • 1 p.m.

Oak Harbor Lutheran Church • 1253 NW 2nd Ave, Oak Harbor

ALL ARE INVITED TO JOIN US • MASKS REQUIRED

Email whidbeygensearchers@gmail.com with questions

Subject to change at the last minute depending on COVID restrictions



FALL continued from page 1

providers about your experience with falls and your concerns of future falls. Fall prevention is a team effort and those close to you want to help you maintain your mobility and reduce your risk of falling.

This season, let's not be like Jim and afraid of the word fall, but instead let's enjoy the pumpkins, decorate with the cute sayings, put our cozy sweaters on, and make the changes in our everyday lives to reduce our risk of falling. No pun intended, but its about time we stand up against falls and not let our fear of falling prevent us from living our best lives. Happy fall, y'all!



The Center In Oak Harbor

51 SE Jerome St.,
Oak Harbor, WA 98277

Front Desk: 360-279-4580

Passport services & photos available by appointment

Current Business Hours:

Mon-Fri, 8:30 am - 4 pm
Additional evening and weekend classes and events as scheduled

Yearly Membership Dues: \$40

Available for anyone 50+ years

Liz Lange • 360-279-4581

Senior Services Administrator

Carly Larson • 360-279-4583

Program Coordinator

Send comments and suggestions to thecenter@oakharbor.org

CLASSES and EVENTS at The Center In Oak Harbor

NEW SCRAPBOOKING CLASS

Tuesdays, 10 a.m.

Members: \$15 | Non-members: \$25

Do you have stacks of photos you would like to do something with? This is your chance to create a beautiful scrapbook out of your photos and learn the art of scrapbooking. You will receive an 8x8 album, a black acid free double-sided pen and an acid free glue stick. Scrap-booking paper and embellishments also provided. Pick a topic for your first book and bring your photos. Finish a book just in time for a wonderful gift this holiday season. Limited space available, please pre-register.

WII BOWLING IS BACK!



Thursdays, 10 a.m.

Members: Free | Non-members: \$3 day

Wii bowling is a fun interactive Nintendo game, great for those who may be experiencing mobility issues and are wanting to get active! Come to The Center Thursdays at 10 a.m. to make some friends and get a few rounds of Wii bowling in. No special equipment or prior experience necessary. Easy to learn and enjoy!

No fee for members of The Center in Oak Harbor, \$3 day use fee for non-members.

HISTORY CLASS: ANCIENT ROME

Thursdays, 1 p.m.

Members: \$40 | Non-members: \$65

Join Instructor Debbie Wallin for a fascinating course about Ancient Rome. Classes are every Thursdays at 1 p.m. through Nov. 18. Registration required.

Class is \$40 for members and \$65 for non-members for the quarter.

ENHANCEFITNESS & YOGA IN-PERSON & VIRTUALLY

EnhanceFitness

Mondays, Wednesdays and Fridays, 9:45 - 10:45 a.m.

Yoga

Tuesdays and Thursdays, 8:30 - 9:30 a.m.

EnhanceFitness and Yoga classes will continue to be available on the virtual platform as well as in-person. The cost is \$25 month for members and \$30 for non-members or the drop-in rate is \$5 for members/\$7 for non-members per class. Silver & Fit and some Kaiser and UnitedHealth Care insurance plans will

Membership at The Center is available for anyone over the age of 50 and is \$40 a year.

reimburse the cost. If you believe you are eligible for insurance reimbursement or to learn more please reach out to Carly Larson at 360.279.4583 or clarson@oakharbor.org

50+ COMMUNITY RESOURCE FAIR

Thursday, Oct. 21

Come by The Center between 11 a.m. and noon for your "swag bag" with information about local resources to aid you in aging well in Oak Harbor and a free boxed lunch. Lunch available on a first come, first served basis, while supplies last. Everyone is invited. You do not need to be a member of The Center to join us for this awesome event.

THE CENTER In Oak Harbor
Activities & Resources For 50+

50+ COMMUNITY RESOURCE FAIR
THURSDAY, OCTOBER 21ST
11:00AM-12:00PM
FREE LUNCH AND SWAG BAG
EVERYONE WELCOME

SPONSORED BY:

- BlueCross BlueShield
- FEP VisionSM
- REGENCY ON WHIDBEY RETIREMENT & ASSISTED LIVING
- Island Senior Resources
- BlueCross BlueShield
- FEP DentalSM
- Island Transit

DISCOVER THE ISLAND'S BEST CANNABIS



Phone and online ordering available through Leafly

MEDICAL & RECREATIONAL MARIJUANA | WHIDBEYISLANDHERB.COM
360-331-0140 | 5565 VAN BARR PLACE, UNIT F, FREELAND | OPEN MON - SUN 9AM - 7PM

This product has intoxicating effects and may be habit forming. Marijuana can impair concentration, coordination, and judgment. Do not operate a vehicle or machinery under the influence of this drug. There may be health risks associated with the consumption of this product. For use only by adults twenty-one and older. Keep out of the reach of children.

Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.

Planning ahead is simple. The benefits are immense.

Contact us today to discuss pre-arrangements or transfer of existing arrangements.

**WALLIN
STUCKY
FUNERAL HOME**

1811 NE 16th Ave • Oak Harbor • 360-675-3447 • info@wallinfuneralhome.com
5533 East Harbor Road • Freeland • 360-221-6600
www.wallinfuneralhome.com



WE CARE LIKE FAMILY

Independent Living • Assisted Living
Memory Care • Respite Care

Call Teri Mendiola to schedule your personalized tour

360-279-0933



Regency on Whidbey
A Retirement and
Assisted Living Community
A REGENCY PACIFIC COMMUNITY

www.regencyonwhidbey.com



Rue and Primavera Welcomes Ashley Popejoy!

Ashley is a licensed massage therapist who specializes in medical massage therapies to include post surgical massage, manual lymph drainage, complete decongestive therapy for lymphedema, oncology massage and breast cancer rehabilitation techniques.

Call today to schedule your appointment.



Rue & Primavera Physical, Occupational and Hand Therapy

765 Bayshore Drive • Ste 102 • Oak Harbor • 360-279-8323

432 3rd St • Langley • Soundview Center • www.rueandprimavera.com

**Seniors* Get 15% Off on
the 15th of Each Month!**

Freeland
ACE
Hardware
The helpful place.

1609 E. Main Street
Freeland

360-331-6799

Monday–Saturday 8am–7pm
Sunday 9am–6pm

freelandacehardware.com

*Age 65 and over, just show your driver's license at the cash register.

(Not valid on Stihl or Honda Equipment, Stoves, Weber, Big Green Egg or sale items. Not valid on prior sales)

Support Groups Meet Online

Please call 360-321-1600 or email reception@islandseniorservices.org for information about attending ISR support groups.



TIME TOGETHER @ HOME ZOOM SUPPORT GROUP

**Mondays except public holidays,
11 a.m. – noon**

The program is designed to engage participants with discussions, group puzzles and games in a friendly and supportive environment. This program is great for those who are isolated and have developmental disabilities or cognitive challenges who enjoy being with people and making friends.

PARKINSON'S SUPPORT GROUP

Tuesdays, 10 – 11 a.m.

This Zoom group is for people living with Parkinson's and family caregivers to share experiences, knowledge, and

support. Friendships are formed and connections are made to help those living with this challenging condition.

ALZHEIMER'S AND DEMENTIA CAREGIVERS SUPPORT GROUP

Wednesdays, 10 – 11 a.m.

This online Zoom group is for people who are caring for someone who has a diagnosis of Alzheimer's, other dementias, or any other challenging condition to share experiences, knowledge and support. Friendships are formed and connections are made to help those who are caring for someone diagnosed with this challenging condition.

Sno-Isle Libraries Adapts

By Sno-Isle Libraries

All six Sno-Isle Libraries in Island County continue to deliver services to customers, whether they want to come inside and browse shelves, use contact-free services, or use online programs.

Sno-Isle Libraries calls it "three ways to library": in-building, contact-free and online.

While offering contact-free services during 2020, Sno-Isle Libraries started to imagine how it could safely bring customers back into its community libraries. Some library buildings had plenty of room to accommodate social distancing, but small libraries like the Clinton Library took more thought.

Sno-Isle Libraries rolled out in-building services in February with a limited "grab-n-go" collection at the Freeland Library. Because of their roominess, the Camano Island Library and Coupeville Library could open their full buildings to in-building service a couple of weeks later. The Langley and Oak Harbor community libraries added an in-building service in March.

In May, the Clinton Library opened for in-building service, but it required removing the library's beloved "big desk" to gain enough room for social distancing. And the

Freeland Library welcomed customers back inside the main library to browse the whole collection.

Even with the return of in-building services, Sno-Isle Libraries will continue to offer contact-free service for customers who want to limit their face-to-face interactions and place a hold for materials as usual. When your items are ready, you will receive an automated email and/or phone call. When you arrive at the library, call the pick-up notification number.

A library staff member will ask for your name and contact information or library card number, check materials out to you, and tell you where to pick up your materials.

Sno-Isle Libraries continues to offer a wide range of virtual events and online resources. Start your search at www.sno-isle.org and click on "Events" to search for Arts & Crafts, Author & Speaker Events, Book & Movie Discussions, Community Events, Online Trivia, Writing & Poetry, and more. Join online for a virtual Silver Kite art class, pub trivia, book clubs, and Open Book visiting author talk.

Click on "Online Resources" and use your Sno-Isle Libraries library card to access thousands of titles by topic with eBooks, Digital Audiobooks, movies, and TV shows, plus magazines and newspapers to keep up to date. You can also browse by subject for Current Events, Genealogy, Health & Wellness, History & Culture, Home & Auto, Legal Resources, Online Learning, and more.

Sno-Isle Libraries also offers streaming movies and TV shows. Search the titles available at www.sno-isle.org/digital-movies-tv/.

Combine & Save.



I can help you save time & money.

One agent for all your insurance needs saves time. And Allstate's multi-policy discounts are an easy way to save money. For affordable protection for your home, car, boat and more, call me first.



MATTHEW IVERSON
360-675-5978
466 NE Midway Blvd,
Oak Harbor, WA 98277
mattiverson1@allstate.com



Insurance and discounts subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co., Allstate Fire and Casualty Insurance Co., Allstate Indemnity Co., Allstate Insurance Co., 2775 Sanders Rd., Northbrook, IL 60062, Northbrook, IL. © 2016 Allstate Insurance Co.



OCTOBER

\$6 Suggested donation for meals

WEEK 1		
Fri	1	Shepherd's Pie
WEEK 2		
Mon	4	Rosemary Chicken
Wed	6	Chicken Wild Rice Soup w/Veggies
Fri	8	Tuna Noodle Casserole w/Carrots
WEEK 3		
Mon	11	Chicken Lasagna
Wed	13	Homemade Potato Soup
Fri	15	Salisbury Steak & Mashed Potatoes
WEEK 4		
Mon	18	Creamy Ham & Spinach w/Pasta
Wed	20	Mexican Cheeseburger Macaroni
Fri	22	Turkey Meatloaf w/Tomato Topping
WEEK 5		
Mon	25	Baked Stuffed Potato w/Chili & Cheese
Wed	27	Corn Chowder & Turkey Melt
Fri	29	Chicken & Herb Dressing Bake

Getting Ready For Medicare!

If you are going on Medicare in the next six months and/or are wanting to know more about Medicare, attend a "Getting Ready for Medicare" seminar on Zoom, offered by SHIBA (State-wide Health Insurance Benefits Advisors) volunteers. Counselors will answer brief questions following the seminars. Seminars run 1 -1.5 hours.

Information will be provided about:

- "Basic" Medicare benefits
- Options for additional insurance(s)
- Medicare parts A and B
- The differences between "Medigap" (supplemental) insurance and Advantage plans
- Benefits and rates
- Information on financial assistance for qualifying low-income individuals
- Prescription drug plans. (If you want help with your drug plan, we will tell you how to get it).

GETTING READY FOR MEDICARE ZOOM CLASSES:

Tuesday Oct. 5, 1 p.m.

Tuesday Nov. 2, 1 p.m.

Friday, Dec. 10, 1 p.m.

Individual Consultations: For more in-depth information, advisors are available for individual consultations by phone or zoom; call 360-321-1600 or 360-678-3373 ext 0.

MEDICARE 2022 ZOOM CLASSES:

Medicare's open enrollment runs Oct. 15 - Dec. 7. This workshop will concentrate on the changes for 2022 that affect us on Whidbey Island. It is important to have the latest information regarding Medicare Part D drug plans and/or Medicare Advantage plans for 2022. Since costs and benefits often change each year, it is vital everyone is in the plan that best meets their needs at the least cost.

Friday, Oct. 15, 1 p.m.

Saturday, Nov. 13, 10:30 a.m.

Wednesday, Oct. 27, 10:30 a.m.

Tuesday, Nov. 30, 1 p.m.

USING MEDICARE'S PLANFINDER ZOOM CLASSES:

This class focuses on how to use Medicare's Planfinder so you can find the best drug plan and/or Medicare Advantage plan that meets your needs. We will cover how to find much of the 'hidden' information as well as information about the supplement plans. We will also share how to find the information you are looking for.

Thursday, Oct. 21, 10:30 a.m.

Wednesday, Nov. 17, 1 p.m.

To obtain a Zoom link for any class, go to www.senior-resources.org/shiba and click on the link for each date/time. Not sure how to Zoom? No Problem! Call us at 360-321-1600 or 360-678-3373 and we will walk you through it. Pre-registration is required.

The Statewide Health Insurance Benefits Advisors (SHIBA) offer unbiased, confidential advising for Medicare benefits and insurance options.

Dear Trudy Technology

Meet Trudy Technology, our resident technology expert. She will be answering your tech-related questions right here, every month.

Dear Trudy Technology, I've finally gotten the hang of texting, but I keep getting messages with strings of letters that I don't understand. My grandkids are tired of me asking them what they mean, can you help this grandpa get hip to the way kids talk these days?

*Sincerely,
Clueless on Camano*

Dear Clueless, IMHO (in my humble opinion), you are not alone in having a hard time keeping up with text abbreviations! TBH (to be honest), I have to look these up myself sometimes LOL (laugh out loud). The best thing to do is type the abbreviation you don't understand into your favorite search engine to find out what it means. BTW (by the way), it's great that you are connecting with your grandkids via text! LMK (let me know) how it goes! TTYL (talk to you later), Trudy

Dear Trudy Technology, How do I make Facebook video calls work? When my nephew visited last, he helped me set up a Facebook account and he mentioned that we could video chat using it, but didn't show me how. I want to surprise him with a call on his birthday. Can you help?

*Sincerely,
Befuddled in Bayview*

Dear Befuddled, I can definitely help you out! In an effort to be as user friendly as possible, Facebook has several tutorials and instructions on their website to help you navigate the entire platform, including video messaging on your computer, tablet, or phone. Visit www.facebook.com/help and type your question into the search bar. You will have your answer in no time! Enjoy! And happy birthday to your nephew!

Sincerely,
Trudy
If you have questions for Trudy Technology, send them to feedback@islandseniorservices.org.

Medicare's Open Enrollment is Coming

Open enrollment starts Oct. 15. Appointments to meet with SHIBA volunteers to review your drug and/or advantage plan begin Oct. 11 at Island Senior Resources. Appointments are available weekdays through Dec. 7. In addition, there are various online classes that cover the Medicare changes for 2022.

SHIBA stands for Statewide Health Insurance Benefit Advisors, a program of the Insurance Commissioner's Office. Please call Island Senior Resources at 360-621-1600 ext. 0 or 360-678-3373 for an appointment or to attend a class.

FARE FREE SAFE CONVENIENT FRIENDLY



Island Transit Customer Service
is available to help plan your trip.

Service: Monday - Saturday

Whidbey Island (360) 678-7771
Camano Island (360) 387-7433

Shopping | Medical Appointments | Church



Yes! Language assistance available.

www.IslandTransit.org
(360) 678-7771

Thank you for reading *Island Times*. Please support our advertisers. Please recycle this publication when you are finished reading it.

HOW TO REACH ISLAND SENIOR RESOURCES

For all departments and all staff call 360-321-1600 or 360-678-3373

Nutrition/Meals on Wheels
Aging & Disability Resources
Family Caregiver Support
Time Together @ Home
Medicaid In-Home Care/
Case Management
Medical Transportation/
Volunteer Services
SHIBA

Senior Thrift
360-321-1600
or 360-678-3373

Oak Harbor Aging &
Disability Resources
360-675-0311

For more information, visit
www.senior-resources.org

OUR LOCATIONS

Our physical locations are currently closed but we are here to assist you by phone or email.

For more information call:
360-321-1600 or 360-678-3373

ISLAND SENIOR RESOURCES BOARD OF DIRECTORS

June Nailon: President
Kathryn Beaumont: Vice President
Lori Christian: Treasurer
Jason Pryde: Secretary

Jan Bahner
Walt Blackford
Nancy Bolin-Romanski
Mike Etzell
Julie Joselyn
Marie McElligott
Chris Schacker
Suzanne Turner

Executive Director: Cheryn Weiser
Please contact Island Senior Resources
360-321-1600 or 360-678-3373

FROM THE EXECUTIVE DIRECTOR

Who's Your Advocate?

By Cheryn Weiser, Executive Director, Island Senior Resources

One of the realities of life, especially as we crest into our 60s and 70s, is our health can shift from one day to the next. Confronted by a health crisis, our penchant for independence and often our lack of a significant other can present immense challenges. If you become ill, who will advocate on your behalf?

I've recently witnessed friends traverse a journey with and without a clear advocate acting on their behalf. The difference in the quality of life for those with a strong advocate versus those without one is stark.

It is important to have a clear advocate authorized through a full Power of Attorney, or a POA, related to medical issues. Then, when you are very ill, you have someone at your side advocating about your care in ways that attend to your beliefs and interests. Whether one is navigating the end of our journey or a temporary ill-health detour, the likelihood of improved care is far greater with an advocate.

During COVID, having an advocate is even more critical as our health care system struggles to keep up with the demands of the pandemic, which may threaten the health systems' ability to respond to non-pandemic health needs.

Another factor that lives just beneath the surface of our interactions with health providers is how providers approach the aging process. As we age, we may not have the quickness of mind we once possessed, and in the fast-paced healthcare environment, this may threaten our ability to advocate effectively on our behalf.

So, who's your advocate? Who in your circle would you trust to advocate for you? For your peace of mind and health, set your Power of Attorney and your Advanced Directives in place. If you want more information about attending to these matters, consult your attorney, or contact Island Senior Resources at 360-321-1600 or 360-678-3373.



Senior Thrift

benefitting
Island Senior Resources

5518 Woodard Ave,
Freeland, WA 98249

360-321-1600 • 360-678-3373

Now Open:
Wednesday-Saturday
10 a.m.-4 p.m.

Donations
Accepted:
Thursday-Saturday
10 a.m.-3 p.m.
or until capacity is reached




**Wacky
Wednesdays**
25% OFF
ALL HARDWARE

**Treasure Hunt
Thursdays**
25% OFF
ANY ONE ITEM (YOUR CHOICE!)

**Fantastic
Fridays**
25% OFF
ALL BOOKS

**Shocking
Saturdays**
25% OFF
ALL ELECTRONICS

October Specials
25% OFF BLUE TAGS
50% OFF GREEN TAGS
FRIDAY, 10/29 & SATURDAY, 10/30-
GREEN TAGGED CLOTHING \$1

HALLOWEEN SECTION
10/27, 10/28 & 10/29-
25% OFF
SATURDAY, 10/30-
50% OFF



Health precautions will be in place, masks will be required, customer flow will be limited, the store will be sanitized throughout each day, and donated items will be quarantined for three days prior to reaching the sales floor.

I Reversed My Diabetes With Diet And No Medication!



I wrote a book to share with you how. I also offer 34 custom meal plans with colorful recipes. As a Life Coach, I can motivate you with any of your challenges or dreams.



Glenda's
GOOD Works

Glenda Cantrell, Certified Life Coach, ACELC • 360.720.2955
GlendaCantrell@comcast.net • glendacantrell.com

Support & Guidance in your time of sorrow

We provide complete funerals, cremations and memorial services, helping you handle all the details of your loved one's final arrangements with the utmost care and dignity.



Paul and Heidi Kuzina, Owners

Whidbey MEMORIAL
FUNERAL HOME
Serving all Whidbey Island and beyond

746 NE MIDWAY BLVD • OAK HARBOR
360-675-5777
INFO@WHIDBEYMEMORIAL.COM
WWW.WHIDBEYMEMORIAL.COM

FREE Virtual Living Well with Chronic Conditions Workshop

Learn how to Self-Manage, Cope Better, and gain self-confidence in your ability to manage any ongoing health problem.

This evidence-based workshop was developed by Stanford University. It is designed to help individuals who have an ongoing condition (such as diabetes, lung and/or heart disease, chronic pain, arthritis, depression, high blood pressure, and more) improve their quality of life.

Participants learn to:

- reduce stress and frustration,
- manage symptoms
- set weekly goals
- problem-solve effectively
- improve communication
- relax
- handle difficult emotions
- eat well
- exercise safely

Past participants report feeling an increase in their confidence and motivation needed to manage the challenges of living with a chronic health condition.

Family members, friends and caregivers can also participate.

We will have workbooks to accompany the class that each participant will be able to use during the workshop. Each session has activities with group discussions and visual charts will be used as well. You will also receive the book "Living a Healthy Life with Chronic Conditions" to use during the workshop. At the end of the workshop you can choose to purchase the book.

The FREE workshop is 6 weeks long and each class is 2-½ hours long with breaks.

Session 1:

Oct. 6 - Nov. 10, every Wednesday from 1-3:30 p.m.

Session 2:

Nov. 8 - Dec. 13, every Monday from 1-3:30 p.m.

To register: go to the calendar on the ISR website at www.senior-resources.org/ calendar and click on the event (look for the event name in the calendar). Follow the registration information provided in the event description.

For more information or for help registering call 360-321-1600 or 360-678-3373 ext 0. You can also email reception@islandseniorservices.org



ISLAND SENIOR RESOURCES 2020-2021 IMPACT CELEBRATIONS

You, and people like you, have funded our work these past 12 months! Please join us via Zoom for about 45 minutes on one of these dates to learn more about our impact. Meetings will be similar, so join your regional focus of choice, or simply the most convenient date.

- Camano Island Focus – 4pm Tuesday, September 28th
- Coupeville Area Focus – 4pm Thursday, September 30th
- South Whidbey Focus – 4pm Tuesday, October 5th
- Oak Harbor Focus – 4pm Thursday, October 7th

Please register online for your meeting of choice by going to: www.senior-resources.org/impact

We have thrilling news to share, and we value your input.

JOIN OUR TEAM!

We are hiring an Aging & Disability Resource Specialist

Island Senior Resources' Aging & Disability Resources program is often a frontline for intervention. We develop relationships with local community partners to promote awareness, receive referrals, identify high-risk individuals, and engage under-served populations.

We assess client needs, screen for services, navigate resources, facilitate referrals, provide assistance, and develop care plans to ensure safety and well-being of each client.

LOCATION: Telework from home until September 2021, with occasional visits to the Bayview office. In office work to be determined at a later date.

FLSA STATUS: Full-time

SCHEDULE: Monday – Friday, 8:30 a.m. – 4 p.m.

SALARY RANGE: \$19.62 - \$24.50 per hour – depending on experience and qualifications

Education/Experience:

- B.A. in social work, human services, social sciences, or related; AND
- Minimum two years of experience in human services.
- Experience providing services to older adults and people with disabilities is preferred.

To view full job description and apply, please visit <https://senior-resources.org/employment/>.



WhidbeyHealth
COMMUNITY PHARMACY

NATIONAL HEALTHY AGING MONTH

Nobody gets excited when you talk about aging. The reality is we're living longer and getting more out of life than any generation before us. Aging gracefully requires a conscious decision to stay healthy and active!

National Healthy Aging® Month is a great time to:

- Check-in and Check-up
- Make smart choices
- Get fit and stay fit
- Find ways to reduce stress
- Stay connected and social

Explore new and innovative ways to stay healthy and maintain your active lifestyle. **Get started today >**

Do it for you.
Do it for those who love you!

VILLAGE CONCEPTS
OF OAK HARBOR
HARBOR TOWER VILLAGE

“My Village, My Family.”

Schedule a Tour & Meet
Our Family!
360-675-2569

www.villageconcepts.com

INDEPENDENT LIVING ASSISTED LIVING

WhidbeyHealth Medical Center
101 North Main Street, Coupeville, WA - 98239-3413
<https://whidbeyhealth.org>



Winter SQUASH

The term "winter squash" refers to pumpkins, but it also includes acorn, buttercup, butternut, Delicata, Hubbard, and spaghetti squash, among many other varieties. It is in season during the fall/early winter.

Winter Squash tends to be sweeter and firmer than summer squash and is usually eaten cooked. It can be baked, boiled, or steamed after being cut in half or in pieces, with the seeds removed.

SELECTING: Choose firm, well-shaped squash that are heavy for their size and have a hard, tough skin. Avoid squash that have sunken or moldy spots.

NUTRITION: Winter squash contain several key nutrients including Vitamin A, which helps with healthy skin, good vision, and resistance to infection, and Vitamin C for healthy gums, skin, and blood. Winter squash varieties are also high in potassium, which can help maintain normal blood pressure, and fiber, which not only keeps you regular, but can also help you control blood sugar.

STORAGE: Store in a cool dry place. Winter squash will keep for several months if stored correctly.

Debbie Metz, Nutrition Director
senior-resources.org/nutrition/
360-321-1600 or 360-678-3373



Easy Delicious STUFFED SQUASH

Ingredients:

- 1 clove garlic, crushed
- 1/2 teaspoon sage
- 1/2 teaspoon thyme
- 3 Tablespoons oil
- 1/2 cup diced celery
- 1 cup bread crumbs
- 1/2 cup shredded cheese
- 1 medium squash, any type, cut in half and seeds removed.

Preparation:

Cook onions, garlic, sage, thyme, and celery in oil over low heat until onions are soft. Add bread crumbs. Cook for 5-10 minutes. Remove from heat and add cheese. Put onion mixture into the cleaned out squash. Cover and bake at 350 degrees for 40-50 minutes.

FALL continued from page 1

If you can ask them three other questions:

- How often do you feel you lack companionship: Hardly ever (1), some of the time (2), often (3)
- How often do you feel left out? Hardly ever (1), some of the time (2), often (3)
- How often do you feel isolated from others? Hardly ever (1), some of the time (2), often (3)

The higher the score, the greater the loneliness (per UCLA loneliness scale).

Social isolation and loneliness are associated with a significantly increased risk of premature mortality, increased cardiac disease, dementia, more frequent hospitalizations, and a rapid rise in anxiety, self-harm, and suicide rates.

What can YOU do to help someone who is isolated or lonely?

One of the most important actions you can take is to check in at least once a week by phone with a relative or friend who either lives alone or can't leave home.

When you are out and about doing essential errands, remember most people are so depleted now, a simple hello can be very meaningful and help them through their day.

Assist someone with transportation to help them get out of the house safely, masked, and distanced.

Encourage them to try something new: ask them to join you in an online Zoom call held by a local support group or attend a church service with after-service social time; Help them volunteer for something they feel passionate about, or start a new project or hobby they can share with someone else; Do activities together online like a game or puzzle.

It is important to watch for signs of anxiety, pain, or fear. Often those can be lessened if we are good listeners.

Focusing our attention on the hard-won wisdom they have gained in their years and asking them to share their stories creates a connection that helps you value them, and they will feel valued. There is no magic to it; it's just the warmth of human connection that makes a difference. Make up a list of questions you could ask, even something as simple as "Tell me about Aunt Sally when you two were kids." If you have photo albums, you can take out a picture and say, "tell me about this time." Photo albums often bring smiles to the faces of the elderly. Because of how memory loss occurs, seniors can often recall memories from long ago, so pull out the oldies.

The greatest gift you can give to someone experiencing isolation and loneliness is the gift of you. Is there someone you know who you could call right now to say hello? Go do it, and let it grow into a habit. It will help you while you help them.

If you or someone you know is struggling with isolation or depression, Island Senior Resources' Aging & Disabilities and Family Caregiver Support Specialists may be able to help. Call us at 360-321-1600 or 360-678-3373.

Hearing Health Services

The care you need and quality you deserve.

Setting The New Standard In Hearing Healthcare



Kristine Jarrell, Au.D
Board-Certified Audiologist

www.CoupevilleHearing.com

20 N.W. Birch Street • Coupeville • 360-678-1423



Earn Some Extra Cash While Helping Others!

Drivers who volunteer with Island Senior Resources to transport patients to and from medical appointments are reimbursed for their mileage. A drive from Oak Harbor to Harborview Medical Center and back = about \$90. (Client pays for ferry)

ISLAND TIMES IS A PUBLICATION OF WHIDBEY WEEKLY

PUBLISHED and distributed every month. No part of this publication may be reproduced without the written consent of the publisher. Whidbey Weekly, Island Senior Resources and Oak Harbor Senior Center cannot be held responsible for the quality of goods or services supplied by advertisers in this publication. Advertisements are not an endorsement by either Island Senior Resources or Oak Harbor Senior Center.

TO ADVERTISE: Island Times publishes the last Thursday of each month. Deadline to advertise is two weeks prior to publish date. Please email advertise@whidbeyweekly.com or call (360) 682-2341. For more information, please visit www.whidbeyweekly.com.



1131 SE ELY STREET | PO BOX 1098 | OAK HARBOR, WASHINGTON 98277

Publisher & Editor **Eric Marshall**

Marketing Representatives..... **Glenda Cantrell, Noah Marshall**

Graphic Design **Teresa Besaw**

Production Manager **TJ Pierzchala**

Circulation Manager..... **Noah Marshall**

**Volume 5
Issue 6**

PHONE: 360-682-2341 FAX: 360-682-2344